



FOR IMMEDIATE RELEASE

September 21, 2005

V CORPS INVITES ITS CIVILIAN EMPLOYEES TO GET FIT USING DUTY TIME

V Corps Civilian Personnel Directorate release

HEIDELBERG, Germany -- Civilian employees of the V Corps headquarters have an opportunity to get in shape during duty hours, thanks to the opening of a civilian fitness program announced by the corps Civilian Personnel Directorate.

The program, initiated by corps Deputy Chief of Staff Col. Robert C. Rush Jr., is a Department of the Army approved regimen designed to encourage employees to engage in a regular program of exercise and other positive health habits. To read the colonel's endorsement and instruction memo for the program, [click here](#).

Under the program, leaders and supervisors can allow their employees three one-hour exercise sessions per week during duty time, over a period of six consecutive months, for a total of 78 hours of administrative leave. Enrollment in the program is offered as a one-time opportunity, and participation must be approved by supervisors in writing.

The goal of the fitness program is to help employees to make and maintain healthy behavioral changes. There are several potential personal benefits for program participants, including:

- Stress management
- Nutrition education, with recipes and tips on how to incorporate healthy nutrition into a busy lifestyle
- A positive attitude and lifestyle that helps create a better overall outlook on life situations and improves mental awareness
- Decreased risk factors associated with debilitating diseases such as heart disease and stroke
- Increased work performance
- A lower risk of illness or injury
- Weekly health and fitness tips

The program begins October 1 and ends March 30. To sign up, employees must complete the program's enrollment documents and be medically cleared during a pre-enrollment fitness assessment. The free assessment consists of a medical considerations and health history review; a blood pressure check; a body composition test; a three-minute step test to measure cardio-respiratory endurance; a flexibility test, and a fitness prescription. Another free assessment is conducted at the completion of the program to allow participants to measure their accomplishments.

Several dates and locations have been scheduled for pre-enrollment assessments:

26th Area Support Group, Heidelberg:

September 26	Noon-5 p.m.	Campbell Barracks Gym
September 29	9 a.m.-1 p.m.	Patton Barracks Gym
September 30	Noon-4 p.m.	Heidelberg Wellness Center

293rd Base Support Battalion, Mannheim:

September 27	9 a.m.-1 p.m.	Sullivan Barracks Gym
September 28	1-5 p.m.	Sullivan Barracks Gym

Employees are encouraged to use one of their community fitness centers and participate in local fitness programs and health education classes. Employees are not authorized to use the time allotted by the program to exercise at home.

Employees can also join the Walk 4 Freedom program and get a free pedometer (while supplies last) to measure how far they walk each day. This can be done as part of their overall fitness programs, or as a program in itself.

Enrollment documents for the civilian fitness program are available in English by [clicking here](#) and in German by [clicking here](#).

Employees who have questions may call the V Corps Civilian Personnel Directorate at 370-5060.

